

	Phytonutrient	Benefits	Found in
	Lutein (Yellow-Green and Leafy Greens) Indoles (Cruciferous Vegetables)	Helps Maintain Good Vision; Reduces the Risk of Cataracts or Macular Degeneration. Reduce the Risk of Cancer (Particularly Breast and Prostate Cancers); Reduce the Risk of Tumor Growth in Cancer Patients.	Kale, Spinach, Leafy Greens (Turnip, Collard, Mustard Lettuce, Broccoli, Green Kiwifruit, Honeydew Mel) Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugula, Chard, Turnips, Rutabaga, Watercress, Cauliflower, etc.
	Beta-Carotene (Dark Orange) Bioflavonoids (Yellow-Orange)	Powerful Antioxidant; Boosts Immunity; Reduces the Risk for Cancer; Reduces the Risk of Heart Attacks; Helps Maintain Good Vision. Powerful Antioxidants; Work with Vitamin C to Reduce the Risk of Heart Attacks, Reduce the Risk of Cancer, and to Help Maintain Strong Bones/Teeth, Healthy Skin, and Good Vision.	Carrots; Sweet Potatoes; Pumpkin; Butternut Squash; Cantaloupe; Mangoes, Apricots, Peaches Oranges, Grapefruit, Lemon, Tangerines, Clementines, Papaya, Apricots, Nectarine, Pineapple, Yellow Raisins, etc.
	Lycopene Anthocyanins	Reduces the Risk of Prostate, Breast, and Skin Cancer; Reduces the Risk of Heart Attacks. Reduce the Risk of Cancer; Powerful Antioxidants; Help Control High Blood Pressure; Reduce the Risk of Diabetes Complications; Reduce the Risk of Heart Attacks; Reduce the Risk of Alzheimer's Disease.	Tomato-based Products (Tomato Juice, Spaghetti Sauce, Tomato Paste), Watermelon, Grapefruit, Fresh Tomato, etc. Red Raspberries, Sweet Peppers, Strawberries, Cranberries, Red Apples (with skin), Red Cabbage, Red Onion, Kidney Beans, Red Beans.
	Anthocyanins Phenolics	Reduce the Risk of Cancer; Powerful Antioxidants; Reduce the Risk of Age-Related Memory Loss; Help Control High Blood Pressure; Reduce the Risk of Diabetes Complications; Reduce the Risk of Heart Attacks; Reduce the Risk of Alzheimer's Disease. Powerful Antioxidants; May Slow Some of the Effects of Aging.	Blueberries, Blackberries, Grapes, Black Currants, etc. Dried Plums (Prunes), Raisins, Plums, Eggplant.
	Allicin	Boosts Immunity; Helps Lower High Cholesterol; Helps Control High Blood Pressure; Reduces the Risk of Heart Attacks; Reduces the Risk for Spread of Cancer (particularly stomach and colon cancer).	Garlic, Onions, Leeks, Scallions, Chives.